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The Child Care Food Program...

provides benefits to all eligible children without regard to race, color, or national origin.



Nutrition is an important part of good health. Proper nutrition is also an important part of a good child care program. Children need well-balanced meals in order to meet their daily energy needs and to help them build strong bodies and minds.

The Child Care Food Program (CCFP) provides nutritious meals to children enrolled in child care centers or day care homes throughout the country. It also introduces young children to many different types of food and helps teach them good eating habits.

The CCFP is a Federal program administered by the U.S. Department of Agriculture's Food and Nutrition Service (FNS). In most States, the CCFP is administered by the State department of education. In States that do not administer the program, FNS regional offices operate it directly.

The primary goal of the CCFP is to improve the diets of children 12 years of age or younger. (Children under 16 from families of migrant workers are also eligible, and



certain handicapped people regardless of age may receive CCFP meals if they are enrolled in a center or home that serves mostly persons 12 years of age or younger.)

The CCFP provides financial assistance to child care centers and sponsoring organizations of day care homes so that they can provide nutritious meals to the children enrolled for care. As participants in the CCFP, child care organizations may serve up to two meals and one snack each day to each child. The administering agency in the State approves centers or homes to provide certain types of meals each day.

The CCFP is available to all eligible children regardless of race, color, or national origin. If you believe that your child has been treated unfairly in receiving food services because of race, color, or national origin, write immediately to the Secretary of Agriculture, Washington, D.C. 20250. More information may be obtained from the Office of Equal Opportunity, USDA, Washington, D.C. 20250.



Meal Patterns

Through the CCFP, you can be assured that you are getting balanced, nutritious meals. Children receive meals that meet the USDA meal pattern requirements.



Foods for Babies*

Breakfast

Infant formula (iron fortified)

- or whole fluid milk and full-strength fruit juice

Infant cereal (iron fortified)

*This pattern is for infants from 8 to 12 months old.



Foods for Children

Breakfast

Milk

Juice, fruit, or vegetable

Bread or bread alternate

Meal Patterns

Through the CCFP, you can be assured that your child is getting balanced, nutritious meals. Children receive meals that meet the USDA meal pattern requirements.

There are two groups of meal patterns. The first group is for infants up to 12 months old. Foods in this group of patterns vary according to the infant's age. (Infants under 4 months of age are not served solid foods.) The second group is for children over 1 year of age.



Foods for Babies*

Breakfast

Infant formula (iron fortified)
• or whole fluid milk and full-strength fruit juice

Infant cereal (iron fortified)

*This pattern is for infants from 8 to 12 months old.

Snack

Infant formula (iron fortified)
• or full-strength fruit juice
• or whole fluid milk

Enriched or whole grain bread
• or cracker-type product (suitable for infants)

Lunch and Supper

Infant formula (iron fortified)
• or whole fluid milk and full-strength fruit juice

Infant cereal (iron fortified)
• or strained fruit and/or vegetable

Strained meat, fish, poultry
• or egg yolk
• or cheese
• or cottage cheese, cheese food, or cheese spread



Foods for Children

Breakfast

Milk
Juice, fruit, or vegetable
Bread or bread alternate

Lunch or Supper

Milk
Meat or meat alternate
Vegetables or fruits
Bread or bread alternate

Snack

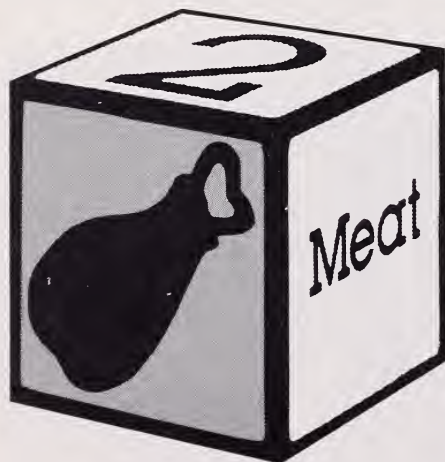
(Serve two of the following four foods. Juice may not be served when milk is served as the only other food.)

Milk
Meat or meat alternate
Fruit, vegetable, or juice
Bread or bread alternate

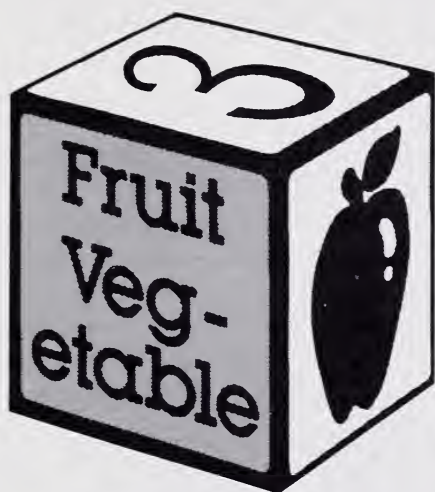
The first step toward a balanced diet is knowing which foods provide which nutrients.



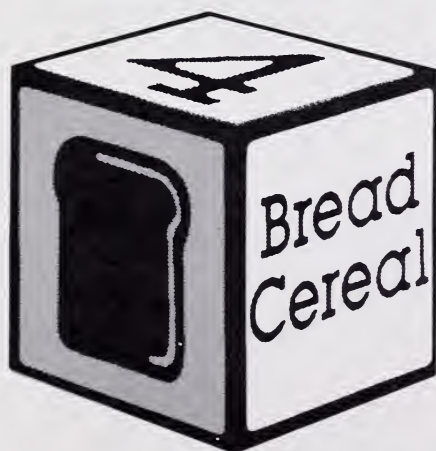
Milk provides most of the calcium in the average American diet, and it also provides vitamin A and protein. Most milk that you purchase has vitamin D added to it, which helps the body absorb the calcium it needs. Calcium is the mineral that builds strong teeth and bones. Lowfat and skim milk with vitamins A and D added contain the same nutrients as whole milk, but have fewer calories and less fat.



Meat and meat alternates, such as dried beans and peas, are important sources of protein, iron, and other minerals and vitamins. Protein is vital to all living cells and helps build and repair skin, bone, blood, and muscle tissue.



Fruits like oranges, apricots, and pears, and vegetables like carrots, celery, and spinach are good sources of vitamin A, vitamin C, and fiber. Different fruits, vegetables, and their juices will provide different amounts of these and other nutrients, so it is a good idea to eat a variety of them.



Enriched breads and cereals, especially whole-grain products, such as rye bread, rolled oats, and farina, are important sources of B vitamins, iron, and fiber. They also supply some protein.

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